

Hearts and Hands

Introduction for children and families

A theme connecting Well-being and Arts Education Grades K-3

Week 2: Something from Nothing

Are you missing your music, visual art, drama, or dance time at school?

Here are some ideas to inspire you to explore your creativity, and support others too. Feel free to invite your siblings and family to join in on the fun and learning. This is a series of opportunities intended to move at your own pace, and opportunities that you can either skip or repeat multiple times.

The theme for this series is “Hearts and Hands”. Each week there will be one book and some ideas for you in art, drama, music and dance.

Hearts and Hands are vital to our wellbeing and survival. You may have heard about the symbol of a heart being used in windows to show support for all the healthcare professionals working so hard to keep us safe and healthy. Our hands are often used to show ways that we are learning and growing.

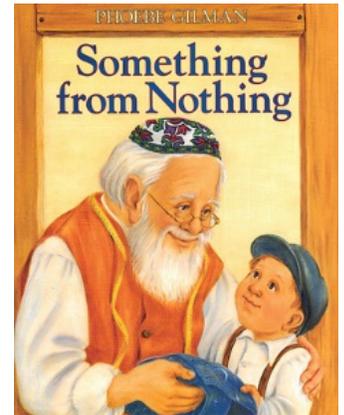
**“There was something else my mother did that I’ve always remembered:
‘Always look for the helpers,’ she’d tell me.
‘There’s always someone who is trying to help.’
I did, and I came to see that the world is full of doctors and nurses, police and
firemen, volunteers, neighbors and friends who are ready to jump in to help
when things go wrong.”
~Fred Rogers**

Overall considerations that will promote wellbeing as you complete the activities:

- Go at the pace of your child or family to complete the activities and don’t force an activity if it is just not going well.
- See these activities as invitations - choose as few or as many as would like to do
- Allow your child or family to adapt an activity if they have ideas and go with the flow!
- Consider your location – go outside if you can.
- Are there any opportunities for social connections throughout? Can you send any images of your activities to friends or family or can you connect online to do one of the activities together?

Week 2: based on the book *Something from Nothing* (K-3)

- Watch Youtube reading of the book “Something From Nothing” - <https://www.youtube.com/watch?v=Hgf30cKgUo0>



What can you reuse to make something new? Or use in a different way?

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Visual Arts:

- In this book, the grandpa keeps making interesting things from the same blanket... can you make interesting things from things you have at home?



What can you create using recycled materials? Paper, Styrofoam, tin foil? Can you put them up in your window for others to see?

- If you look at what is in the recycle box, what else can you make or reuse in a different way? Something for your stuffy? Something for someone in your family? Could you build something interesting out of the recycled material?

Sometimes we display interesting things to remind us of special memories or people. Do you have anything in your house that is on display, that makes you think of something special? What does it make you feel or remember? Do other people in your family have the same or different memories?

Dance:

- In the story, the blanket plays a significant part. Find a blanket in your home. Choose a variety of music to dance to. How many ways can you move your blanket in time to the music? What do you imagine your blanket to be as you dance? Change the music to something faster or slower. How does this change the way you move or use your blanket?



- In the story there is a baby who also has a blanket. Find a stuffy and use your blanket to find new ways to dance with your objects.

Sometimes blankets and stuffys remind us of when we were babies. Do you have any special things from when you were a baby? How do they make you feel? How do they make other people in your family feel?

Drama:

- In this book, the ending of the story shows Joseph, the boy writing the story. Can you retell the story in your own words? Change the items that the grandfather creates out of the blanket to make the story relate to something special in your life.

- Take something out of the recycle box. It might be a tin can, a plastic bottle, or a piece of Styrofoam. Use that item to act out all the things it could be and have your family guess. Maybe it's a cell phone, or a sandwich, or hat... see how many things you and your family can act out and guess.

When you act out your own story who are the special people that would be characters? How would you pretend to be them? What unique traits stand out to you and how could you pretend to act like them in a loving and caring way?

Music:

- Joseph, the boy in the story, uses a handkerchief to hold his pebble collection. Try putting pebbles into different objects and listen to the sounds they make. Can you make a steady beat with these new items?

- Create a new instrument out of something you find. You can decorate it to make it look cool (This picture uses recycled toilet paper rolls with paper and elastics).



Music can be a helpful tool to calm and soothe us, especially before bedtime. How does the sound of your rocks or new instrument make you feel? Does it calm you or make you feel energized? If you change the volume or rhythm does it make you feel any different?